



LEHI LEGACY CENTER **USA SWIMMING TEAM** 2010-2011

"The Lehi Frenzy"

This is a competitive, yet fun swim team that teaches the swimmers discipline, hard work, and team work. The team focuses on developing new swimmers into competitive swimmers and then turning competitive swimmers into champions. Swimming is also an excellent way to get and stay in shape as well as keep you healthy.



Requirements for being on the team

- Swimmers must be able to complete 50 yards (two lengths of the pool) of backstroke, 100 yards (4 lengths of the pool) of freestyle, and 25 yards of breaststroke (private swimming lessons are available if unable to complete these requirements.)
- Must have a desire to swim and improve
- Must have a current USA Swimming membership (annual \$60 fee)
- Participant must have a Legacy Center Membership
- Must have a tryout with one of the coaches
- Parents are expected to volunteer when needed

See back of flyer for team times and descriptions. *Tuition is due by 10th of the month.

***QUICK FACTS**

What Lehi Aquatics (USA Swimming Team) Where School Year - Lehi Legacy Center Pool

Summer – Lehi Outdoor Pool

Start Dates 1st of each month (can join late) Days..... SEE BACK OF FLYER

Age 8yrs to 18yrs

Time...... SEE BACK OF FLYER Fees...... SEE BACK OF FLYER

REGISTRATION

Registration office Monday-Friday from 8am-6pm

INFORMATION

More information e-mail coach Bret Tingey or Shanda Palmer lehiswimcoach@gmail.com

BIRTH **CERTIFICATE** REQUIRED FOR REGISTRATION